

## Agewell Dis Diamonds Havering Activities April 2026 -part of Ageing Well Services for Residents of Havering –Over 50s

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b>	<b>2</b>	<b>3</b>
		<b>11-1pm</b> Creative Write final week of 6 at Lumiere Cinema Romford Noon – share Writing 1pm Lunch & Cinema Trip Lumiere	<b>1:30 -3:30</b> Thursday Chat Harold Wood Hub <b>3pm-5pm</b> On Line Free Art Class with Artist Ionna please ask for access code	<b>Good Friday Bank Holiday</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>Easter Monday Bank Holiday</b> <b>Noon -2pm</b> Colley Rowe Get Together – Cocktails/Chats/ Coffee/Craft Ale (Beer)	<b>10:00 to noon</b> Warblers – fun singalong Railway Pub Hornch <b>10-12</b> Art With Maryanne Harold Wood Hub -Painting	11-1pm Monthly Writing Group at Lumiere Cinema Romford	<b>1:30 -3:30</b> Thursday Chat Harold Wood Hub <b>3pm-5pm</b> On Line Free Art Class with Artist Ionna via please ask for access code.	<b>10:30-12:00</b> Knit & Natter Colley Rowe Pub
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>10:00 –noon</b> Harold Wood Hub Coffee /Digital <b>10:00 -noon</b> Hub Craft with Amanda <b>3pm-5pm</b> Diamond Geezers Railway Pub Hornchurch	<b>10:00 to noon</b> Warblers – fun singalong Railway Pub Hornch <b>10:30-12:30</b> Easy Art With Ruth-Harold Wood Hub	EPHG Felixstowe & Poplar Garden Centre Coach Trip	10:30 Romford Baptist Coffee <b>1:30 -3:30</b> Thursday Chat Harold Wood Hub <b>3pm-5pm</b> On Line Free Art Class with Artist Ioanna via please ask for code.	<b>10:15</b> Bowling <b>10am</b> Free Bingo Romford Mecca <b>10:30-12:00</b> Knit & Natter Colley Rowe Pub <b>1pm</b> Book Club Romford Baptist
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>10:00 –noon</b> Harold Wood Hub Coffee <b>10:00 -noon</b> Hub Activity <b>9:30 –noon</b> Table Table Willow Farm Breakfast Rainham <b>10:30</b> Queens Theatre Hornchurch Coffee Morning <b>3pm-5pm</b> Diamond Geezers Railway Pub Hornchurch		<b>9:45am</b> National Portrait Gallery trip from Romford Station  <b>10:30-1:30pm</b> Drop in Information on Energy Doctors & Ageing Well Services Rainham Library .	<b>1:30 -3:30</b> Thursday Chat Harold Wood <b>3pm-5pm</b> On Line Free Art Class with Artist Ionna via please ask for code.	<b>10:30-12:00</b> Knit & Natter Colley Rowe Pub
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	
<b>10:00 –noon</b> Harold Wood Hub Coffee & Digital <b>10:00 -noon</b> Hub Craft with Amanda	<b>10:00 to noon</b> Warblers – fun singalong Railway Pub Hornch <b>10:15</b> Bowling Namco Romford <b>11-1pm</b> Risebridge Golf Brunch <b>6pm</b> Mandarin Dinner Hornchuch	<b>10:30-1:30pm</b> Drop in Information on Energy Doctors & Ageing Well Services Rainham Library	<b>11-1pm</b> Moon & Stars Brunch Coffee Catchup Romford <b>1pm</b> Energy Doctors & Ageing Well Services Harold Hill Library <b>1:30 -3:30</b> Thursday Chat Harold Wood Hub <b>3pm-5pm</b> On Line Free Art Class with Artist Ionna via please ask for access code.	<b>All events Please Prebook to ensure place and to be advised of any changes</b>  Email <a href="mailto:disdiamonds@ageukrbh.org.uk">disdiamonds@ageukrbh.org.uk</a>

To ensure your place & be advised of alterations please book at one of our coffee mornings Or alternatively email [Disdiamonds@ageukrbh.org.uk](mailto:Disdiamonds@ageukrbh.org.uk)

Or Call Kim 07724 508967 Mon-Tue or Fiona 07375704448 Wed-Fri or Monica 07494 035950 Mon-Fri or call 0208 220 6000 Mon-Fri 9-15:00

For more info on Redbridge, Barking & Dagenham events –call Amanda 07903 814076 Mon-Thur 9-4

## Face to Face Exercise Classes (Havering)

For more information, on Exercise call **07535 953763** or Email: [amber.mirza@ageukrbh.org.uk](mailto:amber.mirza@ageukrbh.org.uk).

All classes are charged at £4 per session which can be paid in 6 week intervals. –

We also have new classes beginning in late April in Harold Hill, Romford, and Rainham. Please get in touch to be added to our lists!

*Please DO NOT ATTEND a class without registering with Amber first, as the trainer will decline you. We have an operational waiting list for each class*

Venue	Day	Time
<b>Chair Based Exercises – with Heidi</b> Cranham Community Centre 115A Marlborough Gardens, Upminster RM14 1SR	<b>FULLY BOOKED!!!</b> Monday	11.20am – 12.20pm
<b>Chair Based Exercises – with Heidi</b> Sapphire Jubilee Community Centre, Bolberry Road, Collier Row, RM5 3BW	<b>FULLY BOOKED!!!</b> Monday	1.00pm – 2.00pm
<b>Tai Chi – with Karl</b> Cranham Community Centre 115A Marlborough Gardens, Upminster RM14 1SR	Monday	1.00pm – 1.50pm
<b>Chair Based Exercises – with Heidi</b> Sapphire Jubilee Community Centre, Bolberry Road, Collier Row, RM5 3BW	<b>FULLY BOOKED!!!</b> Monday	2.00pm-3.00pm
<b>Chair Based Exercises – with Heidi</b> Ardleigh Green Community Association, Hornchurch, RM11 2LG	<b>FULLY BOOKED!!!</b> Wednesday	12.15pm – 1.15pm
<b>Chair Based Exercises – with Heidi</b> <b>All Saints Church, Ardleigh Green, Hornchurch, RM11 2LG</b>	<b>FULLY BOOKED!!!</b> Wednesday	1.30pm – 2.30pm
<b>Tai Chi – with Karl</b> Sapphire Jubilee Community Centre, Bolberry Road, Collier Row, RM5 3BW	Thursday	10.00am – 11.am
<b>Chair Based Exercises – with Heidi</b> <b>All Saints Church, Ardleigh Green, Hornchurch, RM11 2LG</b>	<b>FULLY BOOKED!!!</b> Thursday	11.30am- 12.30pm
<b>Chair Based Exercises – with Heidi</b> Cranham social hall club, Front Lane, Cranham, RM14 1XN	<b>FULLY BOOKED!!!</b> Thursday	1.00pm – 2.00pm
<b>Chair Based Exercises – with Heidi</b> Cranham social hall club, Front Lane, Cranham, RM14 1XN	<b>FULLY BOOKED!!!</b> Thursday	2.00pm – 3.00pm

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**Every Monday -Monday Meet up. 10:00 to noon must be pre booked** –Come and meet up with fellow Diamonds for a chat and coffee £2.

Variety of refreshments, cakes and snack available – Venue: The Hub, Harold Wood 11 Gubbins Lane RM3 0QA Meet Lesley at 10:00. Why not stay on for lunch Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) lots of different activities or come for a chat. **Must be pre-booked – note some craft events will incur a charge of £4.**– we also have Thursday afternoon club. Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk)

### **Twice Monthly Mondays 10:00 –noon -Build Your Digital Confidence**

Join our friendly twice-monthly digital support sessions and learn at your own pace. Our digital friendly volunteer offers both group and one-to-one support.

Whether you want to learn the basics, build essential digital skills, stay connected with family and friends, or simply feel more confident using your device, we're here to help.

Monday 13<sup>th</sup> & 27<sup>th</sup> April 10am-noon The Hub, Harold Wood 11 Gubbins Lane RM3 0QA

We also have a range of other local venues available and can offer a home visit if needed.

For more information please contact; [Vivienne.Greengrass@ageukrbh.org.uk](mailto:Vivienne.Greengrass@ageukrbh.org.uk) 07946032332

**Every Monday Diamond Geezers 3pm-5pm** Diamond Geezers meets Railway **Hotel Restaurant Hornchurch** Station Lane Hornchurch RM12 6SB Email or call [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book place. For dietary, please contact restaurant on 01708 440028 free parking & bus stop outside & Hornchurch District Line Tub Station Call or email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book place.

**Every Tuesday Diamond Warblers** – do you like singing – then pop along 10:00 - noon then pop along to **Railway Hotel Restaurant Hornchurch** –Meet up with Lesley and other Diamonds have fun singing along to musicals and popular music – **Railway Hotel Restaurant Hornchurch** Station Lane Hornchurch RM12 6SB Email or call [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book place. For dietary, please contact restaurant on 01708 440028 free parking & bus stop outside & Hornchurch District Line Tube Station Call or email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book place. *Let us know if attending–email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book place.* **Note no session 21<sup>st</sup> April**

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**Regular on specified Wednesdays 11:00-1:30pm** Drop in for Information on Energy Doctors & Ageing Well Services Rainham Library 6 Celtic Farm Road Rainham RM13 9GP

**Regular on specified Thursdays 11:30-3pm** Drop in for Information on Energy Doctors & Ageing Well Services Harold Hill Library 19a Fanham Road Harold Hill RM3 8ED

**1:30 -3:30 Thursday Chat Club Harold Wood** Come and meet up with fellow Diamonds for a chat over Coffee/Tea & Biscuit £2. Venue: The Hub, Harold Wood 11 Gubbins Lane RM3 0QA Meet Fiona/Ruth at 13:30. Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) Come to find out what Disdiamonds about –meet with other diamonds– chat/draw /play board games –feel free to bring own crafts – drawing paper & coloured pens available. **Pre book if possible**

***Free Every Thursday free Art Watercolour Classes every Thursday 3-5pm** with Artist Ioana Macovei on Zoom Popular very informal easygoing class please email or call [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to join group –Free ask for code. Open to all abilities & all boroughs in Redbridge/Havering/ Barking & Dag.*

***Every Friday 10:30 -12:00** Knit and Natter – Every Friday 10.30-12, Colley Rowe Inn, Collier Row RM5 3PA. Bring crochet, knitting, and cross-stitch, sewing whatever you are working on or just come along for a chat. £1.50 for tea or coffee with refill. On the left as you go in, round table. Look out for Rene and other diamonds*

***New To Disdiamonds or want to know more about Disdiamonds in Havering** welcome to attend Coffee Chat Afternoon at Harold Wood Hub – every Thursdays 1:30 -3:30 –let us know beforehand if coming.*

***Want to know latest event join dedicated Disdiamonds Facebook** <https://www.facebook.com/groups/583061935616098>*

***As with all events – please prebook** [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk)*

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**Wednesday 1/4/26 11am -1pm Creative Writing course** – final session of 6 week course at Lumiere Cinema Romford Mercury Mall – just above Asda

Noon – join The Creative Writing Team – where participants will be showcasing work at Lumiere– also find out about next Create Course starting May time. Why not stay for Lunch or catch a film afterwards please contact Fiona on 07375704448 or email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk)

**Thursday 2/4/26 13:30 -3:30 Thursday Chat Club Harold Wood** Come and meet up with fellow Diamonds for a chat. Coffee/Tea/ Biscuit available £2.  
Venue: The Hub, Harold Wood 11 Gubbins Lane RM3 0QA Meet Fiona, Ruth & John at 13:30. Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) meet with other diamonds– chat/bring own crafts/ draw /play board games please **pre book** pens & paper available

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**Bank Holiday Monday 6/4/26 Noon -2pm Colley Rowe Get Together** – Cocktails/Chats/Coffee/Craft Ale (Beer) at the 'The Colley Rowe Inn' (Wetherspoon pub), Collier Row. Pub is located in the main high street of shops opposite the library. Bus Nos: 247, 294 and 252 go direct from Romford and stop virtually outside the library. Meet Rene & Laurie and other diamonds - email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to reserve a place –as office is closed over Bank Holiday – if you decide on the day just pop along and meet up with other Diamonds

**Tuesday 7/4/26 10-12 Art With Maryanne Harold Wood Hub 11 Gubbins Lane RM3 0QA** bring own pens & sketch pad - pens & paper available if needed.  
Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) why not stay on for lunch

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**Wednesday 8/4/26 11am -1pm Writing Focus Group-** following on from the successful creative writing course the group will continue to meet up to discuss and create prose, short stories and poems on a monthly bases. Meet Lesley & Pam in coffee area at Lumiere Cinema Romford Mercury Mall – just above Asda. If you have a passion for writing Please email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to reserve a place- feel free to bring along a short story or poem you like the group to comment on – From May this will return to 1<sup>st</sup> Wednesday of the month.

**Thursday 9/4/26 13:30 -3:30 Thursday Chat Club Harold Wood** Come and meet up with fellow Diamonds for a chat. Coffee/Tea/ Biscuit available £2.  
Venue: The Hub, Harold Wood 11 Gubbins Lane RM3 0QA Meet Fiona & John at 13:30. Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) meet with other diamonds– chat/bring own crafts/ draw /play board games please **pre book** pens & paper available

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**10:00 -12:00 Harold Wood Hub Activity Craft with Amanda** must prebook £6 charge (£2 Hub refreshments plus £4 activity) email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) Essential advance bookings

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**Tuesday 14/4/26 10:30 -1pm Relaxed and Easy Art with Ruth** The Hub, Harold Wood 11 Gubbins Lane RM3 0QA – materials will be supplied or bring your own. Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) why not stay on for lunch

**Diamond Warblers – do you like singing – then pop along 10:00 - noon then pop along to Railway Hotel Restaurant Hornchurch –Meet up with Lesley and other Diamonds have fun singing along to musicals and popular music – Railway Hotel Restaurant Hornchurch** Station Lane Hornchurch RM12 6SB Email or call [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book place. For dietary, please contact restaurant on 01708 440028 free parking & bus stop outside & Hornchurch District Line Tube Station Call or email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book place. *Let us know if attending–email*

**Wednesday 15/4/26 Coach Trip with EPHG to Felixstowe Beach & Poplar Garden Centre** £ 30 Book via Trevor 07771 741948 for more info see <https://www.ephg.co.uk/80675/info.php?p=8> When booking please mention that you are a Disdiamond member

**Thursday 16/4/26 Romford Baptist Church Coffee Morning** with Disdiamonds **10:30-12:00** –Meet Kathy at Romford Baptist Church Main Road RM1 3BL opposite Town Hall/Police Station Meet Kath and other new members and discover what disdiamonds is about and what we are up to this month please let us know you are coming Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) or call

**13:30 -3:30 Thursday Chat Club Harold Wood** –Come and meet up with fellow Diamonds for a chat. Coffee/Tea/ Biscuit available £2. Venue: The Hub, Harold Wood 11 Gubbins Lane RM3 0QA Meet Fiona & John at 13:30. Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) meet with other diamonds– chat/bring own crafts/ draw /play board games please **pre book** pens & paper available

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**Friday 17/4/26 Free Bingo – come for a free couple of games of Bingo and free Bacon/Cheese Roll & Hot/or Soft Drink at Romford Mecca Bingo Hall** The Mercury Shopping Centre , Mercury Gardens Romford RM1 3EE. Meet Fiona at 10am for a free game & refreshments – prebook Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) or call Fiona

**Ten Pin Bowling at Romford Namco** Meet Ruth **10:15** outside MacDonaldis for 10:30 start for bowling at the Brewery. Bowling and tea/coffee £9.95- Host Ruth. Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) please advise before Tuesday 14<sup>th</sup> April so Ruth can draw up the teams

**Book Club –meet at 1pm** – Romford Baptist Coffee Bar Main Road RM1 3BL opposite Town Hall/Police Station we will be discussing Banned Books of Berlin by Daisy Wood or any of her books or perhaps you might like to discuss a book you have recently read. For May we will be reading Slow Horses by Mick Heron –feel free to pop along for a chat with Fiona & Ian & other Diamonds. This is an informal chat club where we like to discuss and swap books. Please email or call [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to let us know you are coming. Why not come early and enjoy lunch beforehand.

**Monday 20/4/26 09.30 to noon Breakfast Table Willow Farm** New Road, Wennington, Rainham RM13 9ED  
Cost is £8.99 for unlimited continental breakfast or £11.99 for unlimited continental and cooked breakfast. Meet Kim & other Diamonds. **prebook** [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) so we can reserve you a seat.  
For dietary info and further info see <https://www.tabletable.co.uk/en-gb/locations/essex/willow-farm>

**10:00 -12:00 Harold Wood Hub Activity Craft with June** must prebook £6 charge (£2 Hub refreshments plus £4 activity) email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) Essential advance bookings email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk)

**10:30-12:00 Queens Coffee Morning** at Queen Theatre Hornchurch RM11 1QT meet Angie and other diamonds in the Café area. Find out what is happening next month -Please advise Disdiamonds to book a place

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**Wednesday 22/4/26 9:45am National Portrait Gallery trip** from Romford Station Meet Trevor & Ian at Romford Station –travel via Train to London Free entrance to Galleries – opportunity to purchase tickets on day for paid exhibitions. *Please advise Disdiamonds to book a place and state mobility at time of booking. Involves walking & steps –arrangements can be made to meet directly at Gallery*

**11:00-1:30pm** Dropin for Information on Energy Doctors & Ageing Well Services Rainham Library 6 Celtic Farm Road

Rainham RM13 9GP

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**Thursday 23/4/26 13:30 -3:30 Thursday Chat Club Harold Wood** –Come and meet up with fellow Diamonds for a chat. Coffee/Tea/ Biscuit available £2. Venue: The Hub, Harold Wood 11 Gubbins Lane RM3 0QA Meet Fiona & John at 13:30. Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) meet with other diamonds– chat/bring own crafts/ draw /play board games please **pre book** pens & paper available

**Monday 27/4/26 10:00 -12:00 Harold Wood Hub Activity Craft with Amanda** must prebook £6 charge (£2 Hub refreshments plus £4 activity) email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) Essential advance bookings

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**10:00 –noon Build Your Digital Confidence** Join our friendly twice-monthly digital support sessions and learn at your own pace. Our digital friendly volunteer offers both group and one-to-one support. Whether you want to learn the basics, build essential digital skills, stay connected with family and friends, or simply feel more confident using your device, we're here to help. The Hub, Harold Wood 11 Gubbins Lane RM3 0QA We also have a range of other local venues available and can offer a home visit if needed.

**Tuesday 28/4/26 Ten Pin Bowling at Romford Namco** Meet Ruth **10:15** outside MacDonalDs for 10:30 start for bowling at the Brewery. Bowling and tea/coffee £9.95- Host Ruth. Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) please advise before Friday 24<sup>th</sup> April so Ruth can draw up the teams

**Diamond Warblers** – do you like singing – then pop along 10:00 - noon then pop along to **Railway Hotel Restaurant Hornchurch** –Meet up with Lesley and other Diamonds have fun singing along to musicals and popular music – **Railway Hotel Restaurant Hornchurch** Station Lane Hornchurch RM12 6SB Email or call [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book place. For dietary, please contact restaurant on 01708 440028 free parking & bus stop outside & Hornchurch District Line Tube Station Call or email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book place. *Let us know if attending–email*

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**11-1pm Risebridge Golf Club, 5, Risebridge Chase RM1 4PR, brunch. Free parking onsite. 10.17 from Romford Station stop V, 499 bus to stop Helmsdale Road (CK) then 20 min walk up Lower Bedfords Road, cross at Pelican Crossing, continue up Lower Bedfords Road to Risebridge Chase at 2<sup>nd</sup> mini roundabout, and turn right into Risebridge Chase. **Wait at bottom of golf club drive for shuttle** to golf club if walking as **the drive is long, uneven and unsuitable to walk on.** Meet Hosts Amanda/Kim Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) to book your place so we know who to contact in the event of cancellation / change**

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**Mandarin Palace** Early dinner later time 6pm with Trevor & Kath - 197 High Street Hornchurch RM11 3XT. Special Diamonds 3 course set meal £30 cash with soft drink and tea/coffee. Please Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) Contact restaurant directly for dietary enquires only 01708438003

**Wednesday 29/4/26 11:00-1:30pm** Dropin for Information on Energy Doctors & Ageing Well Services Rainham Library 6 Celtic Farm Road Rainham RM13 9GP

**Thursday 30/4/26 11-1 Brunch at Moon & Stars Pub Romford** -Last Thursday of the month 11am onwards meet at Moon and Stars Pub South Street Romford RM1 1NX – join Fiona, Rene & Laurie & other DisDiamonds for Brunch or Lunch – meet at the back of the Moon & Stars on the right hand side Please advise Disdiamonds to book a place

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**11:30-3pm** Dropin for Information on Energy Doctors & Ageing Well Services Harold Hill Library 19a Fanham Road RM3 8ED

**13:30 -3:30 Thursday Chat Club Harold Wood** –Come and meet up with fellow Diamonds for a chat. Coffee/Tea/ Biscuit available £2. Venue: The Hub, Harold Wood 11 Gubbins Lane RM3 0QA Meet Fiona, Ruth & John at 13:30. Email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk) meet with other diamonds– chat/bring own crafts/ draw /play board games please **pre book** pens & paper available

**For dates & timings of Crowlands, Pipe Major, Kenneth Moore, Fairlop Waters, King George V, Eastbrooke End please see our Redbridge, Barking & Dagenham Calendar**

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To ensure your place & be advised of alterations please book at one of our coffee mornings Or alternatively email [Disdiamonds@ageukrbh.org.uk](mailto:Disdiamonds@ageukrbh.org.uk)

Or Call Kim 07724 508967 Mon-Tue or Fiona 07375704448 Wed-Fri or Monica 07494 035950 Mon-Fri or call 0208 220 6000 Mon-Fri 9-15:00

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## Other Activities/ Clubs in Havering

**Walking For Health –see there brochure for full details of other local walks –below is just some of their regular walks**

**More in the leaflet –meet up with other Diamonds who are regulars**

Day/Time	Location	Meeting Point	Duration	Level
Every Monday, 11am	Harrow Lodge Park	Main Carpark, Hornchurch Sports Centre, RM11 1JU	30 – 60min	Beginner/Easy
Every Tuesday, 11am	Raphael Park	In front of the Café, Main Road Romford, RM2 5EB	30 – 60min	Beginner/Easy
Every Wednesday 10am	Hornchurch Country Park	Visitors Centre, Squadrons Approach, RM12 6TD	30 – 60min	Beginner/Easy
Every Friday, 10.15am	Eastbrookend Country Park	Millennium Centre, Dagenham Road, RM7 0SS	30 – 60min	Beginner/Easy

Longer walks and walks that take place on the weekend, For Havering need to provide tack & trace numbers limited to 30 essential to prebook.01708 431016 [sportsdevelopment@haverling.gov.uk](mailto:sportsdevelopment@haverling.gov.uk) [www.haverlingactive.co.uk](http://www.haverlingactive.co.uk) <https://www.walkingforhealth.org.uk/walkfinder/haverling-walking-for-health>

**Walking Netball or Walking Football – let us know if interested will put in contact with local club – also Mens Walking group Upminster**

**Enjoy listening to talks** – why not Join Restless for regular free & paid talks – Mirthy.co.uk please mention Dis Diamonds when joining & mention at coffee clubs –join in with other diamonds restless.co.uk

**Libraries** pop in and pick up a book or try one of their group many activities - Join a reading club or perhaps you might like to try knit & natter group, board games, computer classes, poetry club

**Exercise in person** -Walking Football or walks in local parks or staying safe in doors with Yoga via Zoom– please email to register for further info [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk)

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**Do you look after an older person or partner or child**—whether at home or in a care home. Are you stressed – Art might help relieve some of the pressure or we could put you in touch with support groups contact [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk)

Have we missed something let us know and we will advertise here.

**Every Wednesday St Josephs Lunch Noon Upminster** CWL Lunch Club 12 noon at St Joseph's Social Club, St Mary's Lane Upminster RM14 2QB 01708 222432. £6 for either hot or cold lunch, pudding, cake or tea. Everyone will be very welcome meet Marion. Money raised is donated to charity please ensure prebook directly 01708 222432 –great price for 2 course lunch & tea must prebook with **St Josephs- closed during School Holiday**

**Local Theatres** – please support your local venues by booking a show

**Romford –Brookside Theatre** 21a Eastern Road Romford Essex RM1 3NH 01708 755775

<https://www.brooksidetheatre.com/> for variety of shows & entertainment

**Hornchurch –Queens Theatre, Billet Lane, Hornchurch, RM11 1QT 01708 443333**

**-already going or anyone want to share a show with a member – ask to put note on Disdiamonds Facebook**

Lots of other great plays & shows including regular Down Memory Lane– special music show for people with Dementia & their carers

Or why not try out Over 50's Musical Theatre Workout every Wed <https://www.queens-theatre.co.uk/>

Want to catch a Westend Show why not arrange to go up London on the day after coffee morning and see what is available from Halfprice ticket in Leicester Square or pre-book with fellow members

**Let us know which Diamond event you are coming to in case we have to change times at short notice.**

**Make new friends this month and enjoy life.**

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**Dementia Café – friendly and casual drop-in support for people with Dementia and their careers. Held on every other Thursday 10:30 am -12:00 meet at Railway Hotel Restaurant Station Lane Hornchurch RM12 6SB, for further info contact Havering Dementia Action Alliance on 07375840725**

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**Memory Café** every other Thursday in the Learning Space, at Hornchurch Queens Theatre between 10:30 – 12:00, every fortnight Memory Café is for people living with dementia and their carers to enjoy a cup of tea or coffee, take part in fun activities and access information. Provide a safe and supportive space to discuss your own dementia diagnosis, or someone else's and think about what it means for the future; meet and learn from other people in similar situations; keep active, make new friends and feel more confident.

If you know someone who may be interested in attending sessions, please do share the news with him or her. Sessions will be free and open to everyone, no pre-booking required supported by Dementia Action Alliance.

**Dementia Music & Social Club** –every Monday except Bank Holidays 1-3pm St Johns Church South End Road Rainham RM13 7XT –every Wednesday 1:30-3:30 United Reformed Church 58-60 Western Road Romford RM1 3LP contact Carol 01708 731325 or 07854314149

[www.the.dementiamusicandsocialclub.webador.co.uk](http://www.the.dementiamusicandsocialclub.webador.co.uk)

Do you support a loved one – why not join a support group and share ideas and access useful information. Please get in touch call or email disdiamonds and we will put you in contact with local support groups.

**History Buffs -Havering Museum** 19-21 High Street Romford RM1 1JU 01708 766571 <https://www.haveringmuseum.org.uk/> Open Wednesday to Friday 11-4 see website –also hold regular weekly clubs, Variety, Reminiscence and monthly Art group, Photography Group, Knit & Natter and specialist talks

**RAF Hornchurch Heritage Centre** 119-121 Suttons Lane Hornchurch RM12 6RU <https://raf-hornchurch.com> £5 Saturdays 11-4 – if you have been let us know what you think – if you want to visit with Disdiamonds let us know –

**Surveys** Want to help shape the borough or have your views acknowledge – please sign up to take part in Health, Wellbeing and Life surveys –will take place in variety of ways -on line, in person, or electronic at various times over the year. Let us know if you would like to be contacted. Also Local High Street Reshape –get your views known – speak to disdiamonds – help shape your borough to be the best you want it to be.

**Knitting & Sewing** –if want to meet other keen crafters- lets us know and will put you in touch with local groups. New group meets at Havering Museum every Friday fortnight and local libraries and other venues. Why not join a knit & nat club and share your passion

**Ardleigh House** – 42 Ardleigh Road Hornchurch RM11 2RG mail:- [office@ardleighhouse.org](mailto:office@ardleighhouse.org) Telephone:- 01708 440660 [www.ardleighhouse.org](http://www.ardleighhouse.org) lots of clubs and activities including Yoga, Art, French, Spanish, Crafts and Computers, Short Mat Bowls, Model Engineers and Camera Club

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**Crafters SOS** -If handy with a needle a local group need a hand stitching up Knitted mufflers for Dementia groups –based in Romford Also wanted any wool or buttons or decorative pieces that can be sewn on. Please call Fiona or email [disdiamonds](mailto:disdiamonds)

**Singers** St Edward's Parish Church in the Market Place, Romford has a choir with a long tradition of singing a high standard of traditional sacred choral music at the Sunday services. The soprano part is sung by boys and girls of school age and the alto, tenor and bass by adults. The choir is looking to recruit one or two altos to join the choir. Singers should be able to read music and hold a part on their own but do not necessarily need to be good sight-readers. They should be available for rehearsals on Fridays from 7.30 to 8.30pm, and for the rehearsal and main service on Sunday mornings from 9.15 to 11.15am. Choral evensong is sung occasionally at 6.30pm. If you are interested in joining this friendly group of enthusiastic singers, please contact the acting Director of Music, Andrew Morrisson for further information and to arrange an informal audition. [music@stedwardsromford.com](mailto:music@stedwardsromford.com) or leave a message at the office 01708 744973

**Thursday Club EASTBROOK COMMUNITY CENTRE**\_Rainham Road South, Dagenham, RM10 7UU

Meets every Thursday between 1pm and 3pm. It costs £2 per week for tea/ coffee, biscuits and entertainment.

**Coach Trips** – regular trips arranged with EPHA. Need to book via Trevor 07771 741948 Ask Trevor for separate coach list

Book via Trevor 07771 741948 <https://www.ephg.co.uk/80675/info.php?p=8> Also Coach Holidays available

When booking please mention that you are a Disdiamond member

**Also Coach trips & holiday available** from [Kirbyscoaches.co.uk](http://Kirbyscoaches.co.uk) or [Eastlondontravel.co.uk](http://Eastlondontravel.co.uk)

Holidays- fancy going on holiday with other diamonds – why not post a comment on DisDiamonds Facebook –or mention at coffee morning –perhaps share holiday brochure or visit travel agent together

**Flowers/ Gardening** Join EPHG at Elm Park. Regular social club.

Or Langton Gardens – looking for volunteers and other local venues – please contact Disdiamonds

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**Spare time** why not **volunteer** call us - lots of local establishments including parks & museums and local public places require help regularly or one off. Contact Disdiamonds for more info We are also looking for volunteers to help at coffee mornings or host events or help at roadshows-or fancy hosting a pub lunch or trip or befriending or greeting at coffee morning or helping out at an event please contact one of us or email disdiamonds –

**Cinema Trips** –fancy catching the latest blockbuster film at your local cinema. Want a buddy to go with please contact Disdiamonds or if you fancy going in a group put an announcement on Facebook – not yet on Facebook do not worry we could make an announcement on your behalf –you choose cinema, day – time & film –we will announce on your behalf. Sign up for our cinema club

Catch a latest blockbuster or re-watch a favourite plenty to choose from at your local cinema so much to choose from–

Lumiere Romford–formerly Premier Cinema £6.99 or £4 for Lumiere members [www.lumiereromford.com](http://www.lumiereromford.com) (membership £30 per annum) 0330 441 4580

Who host a great selection of films and special events

Romford Vue from £4.99 on line or £5.99 at venue <https://www.myvue.com/cinema/romford/whats-on>

Ilford Cineworld various prices including seniors £8.74 <https://www.cineworld.co.uk/cinemas/london-ilford/8062#/buy-tickets-by-cinema?in-cinema=8062&at=2021-07-29&view-mode=list>

Odeon South Woodford various prices from £5 <https://www.odeon.co.uk/cinemas/south-woodford/>

Dagenham Vue from £4.99 on line or £5.99 at venue <https://www.myvue.com/cinema/dagenham/whats-on>

Swimming –fancy getting fit for summer but do not want to go alone- why not get a swimming buddy contact DisDiamonds

Seen something that you think other Diamonds might like to attend – let us know and we can see if we can arrange a trip or advertise

Do you have a hobby or skill or interest that you might like to share with other diamonds at one of our chat clubs or perhaps you might like to share insights into your past employment– please contact Fiona on 07375704448 or email [disdiamonds@ageukrbh.org.uk](mailto:disdiamonds@ageukrbh.org.uk)

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